



**AMENDMENTS TO THE SPECIFICATION:**

Please amend the Specification as follows:

On page 11, line 15, please insert perimeter, as shown:

However, as best shown in Figure 5, a unique spring biasing mechanism found only in the instant stationary exercise bicycle allows for a quick release of the wheel or for an instant brake of the wheel. A friction-tightening nut 34 is threaded and adapted to receive the threaded shaft 30 of the friction adjustment mechanism. The nut 34 may slide up or down in the cylinder 31 but does not rotate since it has the same square perimeter shape as the lower end of the shaft. The lower end of the friction adjustment shaft 30 is also attached to the friction piece 28. The threaded shaft is contained within the cylinder 31. Turning the threaded friction adjustment shaft 30 either moves the tightening nut 24 away from or towards the working exercise wheel 5.

On page 11, lines 20-21, please insert part and above the spring as shown in the following replacement paragraph:

A special friction adjusting shaft spring 32 is located in the lower part of the friction adjusting shaft cylinder 31. A flange 40 above the spring holds the spring 32 in the lower portion of cylinder 31 as shown on Figure 5. Tightening nut 34

**compresses spring 32 and increases the friction between piece 28 and wheel 5.**

**Loosening nut 34 decreases the friction.**